

1. The Capable Kid Map

Use this to define what growing capability looks like in observable behavior. One adult can complete it alone; multiple adults can compare and discuss.

Things adults should still carry

Safety, essential care, legal/financial consequences, and responsibilities that are still adult-sized.

Things we currently do together

Tasks or decisions where the child is learning and still benefits from shared support.

Things the child can already own

Responsibilities the child can usually complete or decide with little or no adult intervention.

Things we want them to own next

What is one realistic next step toward greater independence over the next 6-12 months?

A useful check: If we stepped back slightly, what could the child reasonably practice without creating an adult-sized risk?